

2016

***Jacksonville Recreation
&
Parks Department***

Youth

Volleyball Rule Book



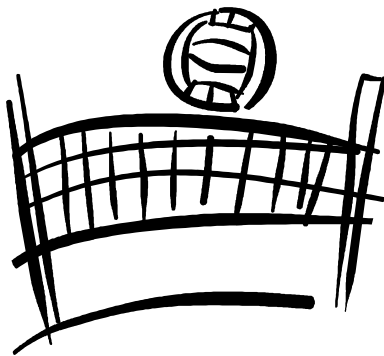
Contact Information:

League Administrator—Herschel PylantPh. (910)938-2538
Email: hpylant@jacksonvillenc.gov

Athletic Programming Assistant—Matt Crane.....Ph. (910)938-6438
Email: mcrane@jacksonvillenc.gov

Weather Line.....Ph. (910)938-5303

Web-
site.....www.jacksonvillenc.gov



“Don’t measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”
-John Wooden

Notes

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Minor Girls (9-12)/Junior Girls (13-16)

Conduct & Gym Rules

1. While in the Gym:
 - a. Profanity will not be permitted.
 - b. Alcoholic beverages or illegal drugs will not be permitted.
 - c. The use of Tobacco products will not be permitted inside the confines of the Facility.
 - d. Violators of the above rules will be asked to leave.
2. Verbally threatening bodily harm to the official participants of the JRPD Youth Programs before, during or after a practice or game will result in:
 - a. Suspension from participating in any youth program for a period of one (1) year.
 - b. Violator will be permitted to attend other activities sponsored by JRPD on a probationary status during their suspension.
3. Anyone physically abusing participants of the JRPD Youth Programs before, during, or after a practice or game will result in suspension from participating in any youth program for a period of one (1) year or longer or even a possible indefinite suspension.
4. Anyone verbally abusing official participants of the JRPD Youth Programs before, during or after a practice or game will be dealt with according to the severity of the situation.
5. All suspensions shall be rendered by the League Administrator. Anyone wishing to appeal the suspension has three (3) days in which to file a written appeal to the Recreation Superintendent. Repeated violators of the Local Rules will be given longer suspensions than that stated above.
6. Coaches:
 - a. Should be aware of their presence as a role model for good sportsmanship, behavior and conduct toward all persons they interact with (players, coaches, parents, and officials).
 - b. Should constantly be aware of what they say and do as not to offend anyone.
 - c. Will be certified by the National Youth Sports and Coaches Association (NYSCA) and will have to adhere to their standard of conduct.
7. Parents and Spectators:
 - a. Are expected to abide by all rules and to conduct themselves in a manner that shows good character and sportsmanship.
 - b. Heckling is not allowed. Violators will be asked to leave the facility.
 - c. Misbehavior, cursing, or any abuse either verbal or physical will not be tolerated.

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Program Format

Mission

The mission of the Jacksonville Recreation and Parks Department's Athletic Division is to provide an organized setting for youth to participate in athletics for recreation and relaxation, promote fair play and good sportsmanship, and provide fellowship among participants. The Department will encourage coaches to stress the importance of developing players self esteem; pride in one's accomplishments; and emphasis a positive outlook on life.

Structure

1. The league will be known as the Jacksonville Recreation Youth League. It will be administered by the Jacksonville Recreation and Parks Department (JRPD). There will be times that the League Administrator will need to make decisions for the betterment of the league and has authority in interpreting the rules and regulations.
2. All local rules will apply first. If not covered by the local rules, then the National Federation of High School (NFHS) rules will be followed. The League administrator will interpret all rules and his/her decision will be final
3. The registration fee for Volleyball is \$30 for City Residents and \$55 for Non-City Residents. There will be a \$25 administrative fee assessed on all refunds.
4. The JRPD program is divided into the following categories:

Minor Girls	Age 9-12
Junior Girls	Age 13-16

****All age groups are determined as age prior to November 1, 2016****



Minor Girls (9-12)/Junior Girls (13-16)

Substitution of Players

1. One for One: (subbing for same people throughout that set)
Example: Sue subs in for Jane, Jane then subs for Sue.
2. Starters will play the (1st) set in its entirety.
3. Substitutes will enter into the match during the second (2nd) set and play the entire set.
4. During the third (3rd) set of the match substitutions must be made on the eighth (8th) point of the set. The substitutes must play the remainder of the set.
Exception: Players that are injured, sick or do not want to serve.
5. If a player is injured and there is only one substitute available, the sub may enter the game for the injured player, regardless of previous substitution placement.
6. For Minor Girls (9-12) only: No player may be a substitute in consecutive games.
Exception: Players that fail to make fifty percent (50%) of practices. However, the coach must report this to the supervisor on duty; the scorekeeper; and the opposing coach prior to the game.

Ejections

1. Any player ejected or disqualified from a game **shall not** play in the remainder of the match and that player's next match (postponements are **not** counted as a match missed)
2. Any coach ejected from a game may be subjected to dismissal from coaching the remainder of the season, and in the future, otherwise, he or she will not coach in the next match actually played (postponements are not counted as a match missed). This rule is not subject to an appeal.
3. Any player or coach ejected from a game shall leave the gym immediately.

Protests

1. Protests **will not** be accepted.

Minor Girls (9-12)/Junior Girls (13-16)

Forfeits

1. Your team will forfeit if:
 - a. A non-registered/ineligible player participates in a match.
 - b. A team is unable to field a team with a minimum of five (5) players.
2. Game time is forfeit time.
 - a. If a sixth player arrives, that player must enter the match as soon as that player is ready to play and there is a dead ball. If a team has six players present they must be on the court, unless sick or injured and unable to play.
 - b. When playing with five players, the team will not lose the serve when the sixth player position goes to serve. The next player in the rotation will serve.
 - c. A team beginning a match with six (6) players, but through injury loses one player and does not have a substitute player, may continue playing the match with the remaining five (5) players without penalty.

Match Format

1. Every match will consist of best two out of three sets. Teams do not change sides during the third set. If a third set is required, a coin flip will decide service or receive.
2. All teams must provide one (1) volunteer for every match. These volunteers will serve as line judges. The person's assigned duty as line judges will remain in the same location for the entire match.
3. Teams should arrive at the playing site at least 10 minutes prior to the scheduled match.
4. The referee will call a captain's meeting at least 5 minutes before the scheduled start time of each match. The two team's captains and coaches will meet with the referee for the pre-match conference and to conduct the coin toss between the head coaches and captains to determine which team shall have the choice of serving or receiving for the first set.
5. Teams will share the court during warm up time, including hitting.
6. Breaks between sets during a match will not exceed 2 minutes.

Serving

1. There will be a consecutive Serve limit for individual players during the regular season. This will not be in effect during the tournament.
 - a. Minor Girls (9-12): Any player who successfully serves three (3) serves to the opponent and wins the rally on the third serve will relinquish the serve to the next player on their team in the rotation.
 - b. Junior Girls (13-16): Any player who successfully serves five (5) serves to the opponent and wins the rally on the fifth serve will relinquish the serve to the next player on their team in the rotation.
2. Minor girls have the option to serve from the blue line.

5. EVALUATION AND DRAFT

- a. The department will establish a date, and place to conduct the evaluations for players.
- b. Coaches will be expected to be at the evaluations to pick players for their team.
- c. Draft order will be determined by the reverse finish in team standings from the prior season.
- d. In case of a tie in standings, a coin toss prior to the draft will determine draft order of these teams.
- e. Siblings will go as one pick. (*participants in the same house hold will be treated as siblings*)
- f. Head Coach and Assistant Coach's children will be placed on their team.
 1. Assistant Coach's child/children will count as 1st draft choice.
 2. Once a team's assistant coach has been selected and their child/children placed on that team, a coach may not select another assistant, for the purpose of adding a child/children to a team while those children are on that team.
- g. No more than nine (9) players allowed per team.
 - A. Each team will receive 1 draft pick in the first round after the expansion teams get their second pick. Exception: A team has six (6) players on its roster.
 - B. Once a team has six (6) players on its roster, this team will not select again until every team has reached six (6) players. Once all teams have six players, the original draft process will resume from the beginning.
- h. All players not participating in assessments will be placed on a team by the Recreation Department.
- i. Request by parents for their child to go back through the draft will be permitted.
- j. Requests by parents for a child to be on a certain team will be passed on to the coaches prior to the draft.
- k. **EXPANSION TEAM:** Any expansion team will be given the first two (2) picks of the draft.
 - A. If there is more than one (1) expansion team, then each team will be given two (2) picks with the selections as follows: team A, team B, team B, team A
 - B. Once the expansion teams finish selecting, all other teams below six players will receive a pick.
- EXCEPTION:** There is a rebuilding team.
- l. **REBUILDING TEAM:** Any team with only one returning player will be given one (1) pick after the expansion team(s) select their first draft pick.
 - A. If a draft begins with a rebuilding team, once the rebuilding team finishes selecting, all other teams below six players will receive a pick.
- m. Players may NOT be on more than one (1) team.
 - A. **PENALTY:** Each game played in will result in a forfeiture.

6. RECRUITING: JRPD will not condone the recruiting of players by coaches or coaches having players request to go back through the draft in order to be drafted by this coach. **PENALTY:** Coach is subject to dismissal by Recreation Department.
7. Players **may not be dropped** from a team without the approval of JRPD. Coaches shall:
 - a. Report all players that move or stop coming to games to the League Administrator.
 - b. Make all necessary inquiries as to the reason for a player's absence.
8. INSURANCE: Participants are responsible for obtaining their own medical insurance.
9. PRACTICE: Practice sites and times will be assigned to all teams.
 - a. Teams may practice no more than two (2) times a week.
 - b. Teams are encouraged to practice at least once a week during the season.
10. UNIFORMS: JRPD will issue a uniform consisting of a jersey. Players must wear issued uniforms and may not alter them in any way. Players will keep these at the end of the season.
11. COACHES:
 - a. All volunteer coaches will be selected by the Athletic Staff.
 - b. Will be certified by the National Youth Sports Coaches Association (NYSCA).
 - c. Must submit to a background check.
 - d. Any coach before or during the season charged with a crime by a law enforcement agency will be suspended until such time a ruling by the court system has been made. The decision as to whether or not he/she will be allowed to continue coaching will be based on the court's decision and review by JRPD.
 - e. Are expected to present themselves in a manner befitting the position of a leader and instructor of today's youth. Cursing or any abuse, either verbally or physically, will be not be tolerated. Drinking should not be done on days of practice or games.
12. ABSENCES: JRPD recognizes there are other activities before and during the Volleyball program. However, players will be expected to make most practices and games. If a player does not make an honest attempt to make practices due to other activities, he/she may be removed from the program.

Minor Girls (9-12)/Junior Girls (13-16)

League

The League will be known as the Jacksonville Youth Volleyball League. The purpose of the league is to give children an organized environment to learn and develop skills used in the game of Volleyball.

Court

1. Net height will be 7 feet 2 inches

Playing Rules

1. No jewelry of any kind will be allowed during the warm up period before matches or during the matches. This includes watches, rings, earrings, metal hair clip or any other item that could cause injury.
2. Players, coaches, and assistant coaches are the only ones allowed on the bench.
3. Coaches may only stand on their sideline with the rest of their team and give instructions to players, but cannot distract, disturb or delay the game. Coaches and players should stay at least 4 feet from the court sideline during play.
4. The designated team captain and the head coach are the only ones allowed to talk with the referee during a game. If a coach desires an interpretation or explanation of a call made by the referee, the team captain or the coach must talk with the referee.
5. Each team will have 18 substitutions per set. The server cannot be substituted at any time.

Exception: Every child is encouraged to serve. However, if a player does not wish to serve the coach must report this to the supervisor on duty, the scorekeeper, and the opposing coach prior to the game.

6. Rally scoring will be used (point after every side out).
7. Each match will consist of best two (2) out of three (3) sets; first two sets to 25 points; last set to 15; win by 2; no cap.
8. Coaches will be given one (1) thirty (30) second timeout per set.
9. Ball Play:
 - a. A ball is considered in play if it plays off the ceiling or over head objects and stays on your own side.
 - b. A ball is out of play if it contacts the ceiling or overhead objects, over non-playing areas, regardless of height.
 - c. A legal contact is a touch of the ball by any part of the players body as long as the ball touches the body and not the floor. The ball may be played off the body.